

## STEP 1 - Wall Push-Ups



## STEP 2 - Incline Push-Ups



## STEP 3 - Kneeling Push-Ups



## STEP 4 - Half Push-Ups



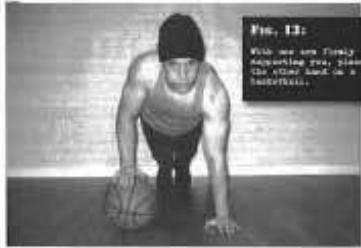
## STEP 5 - Full Push-Ups



## STEP 6 - Close Push-Ups



## STEP 7 - Uneven Push-Ups



## STEP 8 - ½ One-Arm Push-Ups



## STEP 9 - Lever Push-Ups



## STEP 10 - One-Arm Push-Ups



| #  | PUSH-UPS        | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|-----------------|----------|--------------|-------------|
| 1  | Wall            | 1x10     | 2x25         | 3x50        |
| 2  | Incline         | 1x10     | 2x20         | 3x40        |
| 3  | Kneeling        | 1x10     | 2x15         | 3x30        |
| 4  | Half            | 1x8      | 2x12         | 2x25        |
| 5  | Full            | 1x5      | 2x10         | 2x20        |
| 6  | Close           | 1x5      | 2x10         | 2x20        |
| 7  | Uneven          | 1x5      | 2x10         | 2x20        |
| 8  | ½ One-Arm       | 1x5      | 2x10         | 2x20        |
| 9  | Lever           | 1x5      | 2x10         | 2x20        |
| 10 | One-Arm Push-Up | 1x5      | 2x10         | 1x100       |

## STEP 1 - Shoulderstand Squats



## STEP 2 - Jackknife Squats



## STEP 3 - Supported Squats



## STEP 4 - Half Squats



## STEP 5 - Full Squats



## STEP 6 - Close Squats



## STEP 7 - Uneven Squats



## STEP 8 - ½ One-Leg Squats



## STEP 9 - Assisted One-Leg Squats



## STEP 10 - One-Leg Squats



| #  | SQUATS           | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|------------------|----------|--------------|-------------|
| 1  | Shoulderstand    | 1x10     | 2x25         | 3x50        |
| 2  | Jackknife        | 1x10     | 2x20         | 3x40        |
| 3  | Supported        | 1x10     | 2x15         | 3x30        |
| 4  | Half             | 1x8      | 2x35         | 2x50        |
| 5  | Full             | 1x5      | 2x10         | 2x30        |
| 6  | Close            | 1x5      | 2x10         | 2x20        |
| 7  | Uneven           | 1x5      | 2x10         | 2x20        |
| 8  | ½ One-Leg        | 1x5      | 2x10         | 2x20        |
| 9  | Assisted One-Leg | 1x5      | 2x10         | 2x20        |
| 10 | One-Leg Squat    | 1x5      | 2x10         | 2x50        |

## 1 - Vertical Pulls



Fig. 41:

Hold onto the door frame with your hands and pull yourself up until your chin is above the door frame.



Fig. 42:

At knee pulls, you will feel a slight stretch in the middle of your back, and immediately your arms.

## 2 - Horizontal Pulls



Fig. 43:

Lean your body forward, hold onto the door frame, and then weight goes only through the middle of the back.



Fig. 44:

Smooth pull yourself up, keeping your shoulders back to protect the middle of the back.

## 3 - Jackknife Pulls



Fig. 45:

With the ball, change hand, you can do a smooth pull and repeat.



Fig. 46:

Smooth pull yourself up, weight goes only through the middle of the back.

## 4 - Half Pull-Ups



Fig. 47:

Slowly allow your body to pull yourself up to the chin.



Fig. 48:

Allow your elbow to travel forward if it feels "tight" for you.

## 5 - Full Pull-Ups



Fig. 49:

Rotate a 90° angle (bottom of the door frame) without to take the strain off the knee joints.



Fig. 50:

Hold at the elbow and pull until your chin passes over the bar.

## 6 - Close Pull-Ups

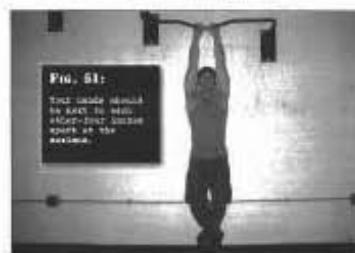


Fig. 51:

Your hands should be held as close together and as close to the body as possible.



Fig. 52:

Try to minimize the movement during the pull.

## 7 - Uneven Pull-Ups



Fig. 53:

A slight or increased grip will be more effective than the classic uneven version.



Fig. 54:

Hold at the elbow and shoulders so that your body is more balanced. Try to pull your body in over the bar.

## 8 - ½ One-Arm Pull-Ups



Fig. 55:

The elbow should be at a right angle when your body is parallel to the ground.



Fig. 56:

Smooth pull your body up until your body is over the hands of the bar.

## 9 - Assisted Pull-Ups



Fig. 57:

With your assistance hand, give the body as low as possible, until the body is level to about chest to just below the chin.



Fig. 58:

Smooth pull your body up until your body is over the hands of the bar.

## 10 - One-Arm Pull-Ups



Fig. 59:

One arm is held vertically straight, with the other arm held straight to the side to hold the weight of the body.

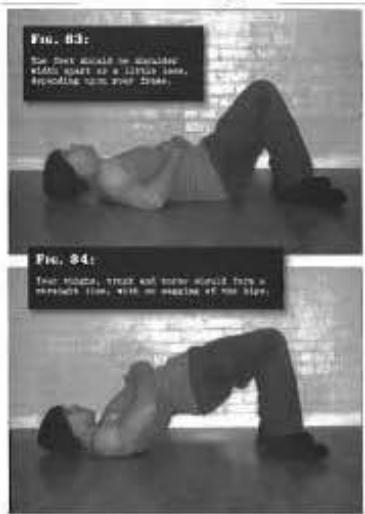


Fig. 60:

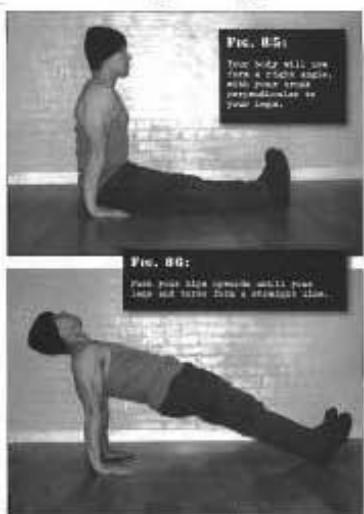
Hold at the elbow and shoulder and pull the body up with the arm that is holding the bar.

| #  | PULL-UPS         | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|------------------|----------|--------------|-------------|
| 1  | Vertical Pulls   | 1x10     | 2x20         | 3x40        |
| 2  | Horizontal Pulls | 1x10     | 2x20         | 3x30        |
| 3  | Jackknife Pulls  | 1x10     | 2x15         | 3x20        |
| 4  | Half             | 1x8      | 2x11         | 2x15        |
| 5  | Full             | 1x5      | 2x8          | 2x10        |
| 6  | Close            | 1x5      | 2x8          | 2x10        |
| 7  | Uneven           | 1x5      | 2x7          | 2x9         |
| 8  | ½ One-Arm        | 1x4      | 2x6          | 2x8         |
| 9  | Assisted         | 1x3      | 2x5          | 2x7         |
| 10 | One-Arm Pull-Up  | 1x1      | 2x3          | 2x6         |

## 1 - Short Bridges



## 2 - Straight Bridges



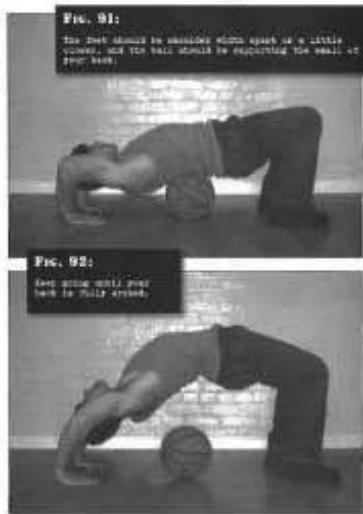
## 3 - Angled Bridges



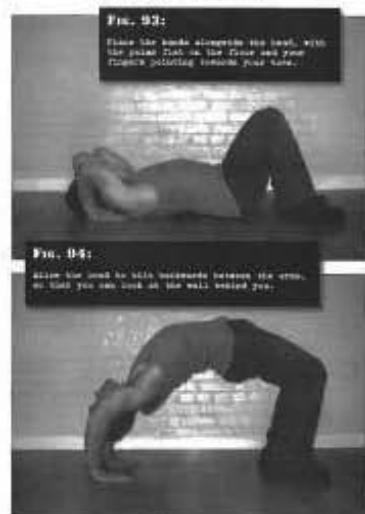
## 4 - Head Bridges



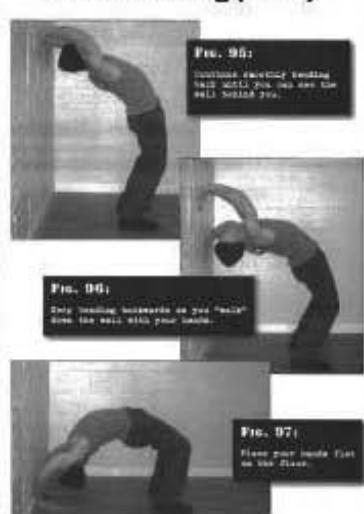
## 5 - Half Bridges



## 6 - Full Bridges



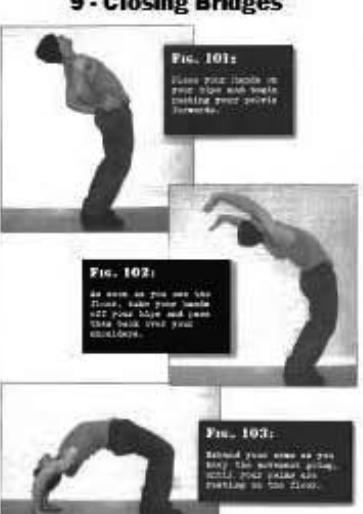
## 7 - Wall Walking (Down)



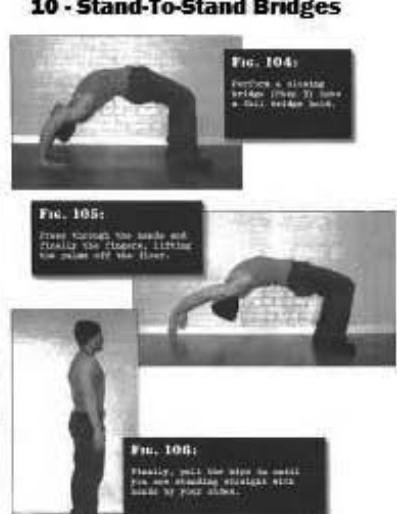
## 8 - Wall Walking (Up)



## 9 - Closing Bridges



## 10 - Stand-To-Stand Bridges



| #  | BRIDGES               | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|-----------------------|----------|--------------|-------------|
| 1  | Short                 | 1x10     | 2x25         | 3x50        |
| 2  | Straight              | 1x10     | 2x20         | 3x40        |
| 3  | Angled                | 1x8      | 2x15         | 3x30        |
| 4  | Head                  | 1x8      | 2x15         | 2x25        |
| 5  | Half                  | 1x8      | 2x15         | 2x20        |
| 6  | Full                  | 1x6      | 2x10         | 2x15        |
| 7  | Wall Walking (Down)   | 1x3      | 2x6          | 2x10        |
| 8  | Wall Walking (Up)     | 1x2      | 2x4          | 2x8         |
| 9  | Closing               | 1x1      | 2x3          | 2x6         |
| 10 | Stand-To-Stand Bridge | 1x1      | 2x3          | 2x10-30     |

### 1 - Knee Tucks

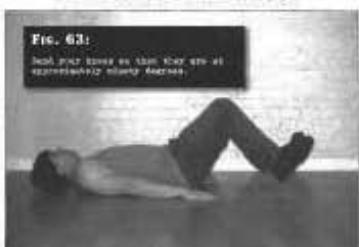


**FIG. 61:**  
Lift your legs a little, and the rest of the rest with your hands and straighten your legs.



**FIG. 62:**  
By the time the exercise is complete, you should have straight legs.

### 2 - Flat Knee Raises



**FIG. 63:**  
Lift your knees as high as you are comfortable without hurting.



**FIG. 64:**  
Lift the knee of a right angle through and return to the floor.

### 3 - Flat Bent Leg Raises



**FIG. 65:**  
Raise your legs, bending them at the knee approximately forty-five degrees. Keep the straight alignment.



**FIG. 66:**  
As you lift, the angle of the knee will change. It must remain "locked" to the same position.

### 4 - Flat Frog Raises



**FIG. 67:**  
Straighten your legs out fully.



**FIG. 68:**  
Lift your legs, keeping them perfectly straight.

### 5 - Flat Straight Leg Raises



**FIG. 70:**  
Straighten your legs with the hands will help you keep your legs straight.



**FIG. 71:**  
Straight your legs straight, raise your legs straight, stay calm, continue doing your straight legs.

### 6 - Hanging Knee Raises



**FIG. 72:**  
Your body should be in a straight line, and straighten your straight legs.



**FIG. 73:**  
Contract your glutes until your legs are level with your pelvis and your legs are at a 90-degree angle.

### 7 - Hanging Bent Leg Raises



**FIG. 74:**  
Lift the knee until your legs are at a 90-degree angle. Contract your glutes to straighten your legs.



**FIG. 75:**  
Only move at the hips; keep your legs straight "locked" throughout.

### 8 - Hanging Frog Raises



**FIG. 76:**  
Lift your feet out to a 90-degree angle from your body.



**FIG. 77:**  
Contract your glutes until your legs are straight and perfectly straight.

**FIG. 78:**  
Straighten your legs fully extended.

### 9 - Partial Straight Leg Raises



**FIG. 79:**  
Lift the straight legs until your legs are at a 90-degree angle, straight legs.



**FIG. 80:**  
Contract your glutes until your legs are straight and perfectly straight.

### 10 - Hanging Straight Leg Raises



**FIG. 81:**  
Contract your glutes until your legs are straight and perfectly straight.



**FIG. 82:**  
Straighten your legs straight, keeping all six air you can out of your legs so that no air is held connected.

| #  | LEG RAISES                  | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|-----------------------------|----------|--------------|-------------|
| 1  | Knee Tucks                  | 1x10     | 2x25         | 3x40        |
| 2  | Flat Knee Raises            | 1x10     | 2x20         | 3x35        |
| 3  | Flat Bent Leg Raises        | 1x10     | 2x15         | 3x30        |
| 4  | Flat Frog Raises            | 1x8      | 2x15         | 3x25        |
| 5  | Flat Straight Leg Raises    | 1x5      | 2x10         | 2x20        |
| 6  | Hanging Knee Raises         | 1x5      | 2x10         | 2x15        |
| 7  | Hanging Bent Leg Raises     | 1x5      | 2x10         | 2x15        |
| 8  | Hanging Frog Raises         | 1x5      | 2x10         | 2x15        |
| 9  | Partial Straight Leg Raises | 1x5      | 2x10         | 2x15        |
| 10 | Hanging Straight Leg Raises | 1x5      | 2x10         | 2x30        |

## 1 - Wall Headstands



**FIG. 107:**  
Bring your management here by placing your upper torso and straighten out your above leg.



**FIG. 108:**  
Once you have placed your upper torso and straighten out your legs so that the body is straight.

## 2 - Crow Stands



**FIG. 109:**  
From a headstand, placing your knee bently on the wall, straighten your arms.



**FIG. 110:**  
Place your legs in straight and balance for the extended stand.

## 3 - Wall Handstands



**FIG. 111:**  
Place your palms flat on the floor and try to keep tension from the body of the wall.



**FIG. 112:**  
Over time you will be able to straighten your legs.

## 4 - Half Handstand Push-Ups



**FIG. 113:**  
You should aim to be the closest wall, depending starting position.



**FIG. 114:**  
Bend at the shoulder and allow yourself the help of your hand to help you straighten the arms.



**FIG. 115:**  
Once you have found the wall, you will be able to balance your torso.



**FIG. 116:**  
Apply maximal effort and concentration to all actions whenever you move outwards.

## 6 - Close Handstand Push-Ups



**FIG. 117:**  
Your hands should be close together so as to not move.



**FIG. 118:**  
Head at the shoulder and allow until the body straight across the floor.

## 7 - Uneven Handstand Push-Ups



**FIG. 119:**  
Apply your weight as evenly as you can, straightening your arms.



**FIG. 120:**  
Bend at the elbow and shoulders until the head gently touches the floor.

## 8 - ½ One-Arm Handstand Push-Ups



**FIG. 121:**  
You will be supported yourself in one straight arm.



**FIG. 122:**  
Bend at the elbow and shoulders until your head is parallel towards the floor.

## 9 - Lever Handstand Push-Ups



**FIG. 123:**  
Inhalation out your nose in front of you, exhaling through your nose as you go.



**FIG. 124:**  
Push on the top of your head, until your torso is flat.



**FIG. 125:**  
Bend your body slightly forward into the torso against the wall.



**FIG. 126:**  
To help you get out of the lever position, kick your legs with the toes as perpendicular.

## HANDSTAND PUSH-UPS

| #  | HANDSTAND PUSH-UPS        | BEGINNER | INTERMEDIATE | PROGRESSION |
|----|---------------------------|----------|--------------|-------------|
| 1  | Wall Headstands           | 30 sec.  | 1min.        | 2 min.      |
| 2  | Crow Stands               | 10 sec.  | 30 sec.      | 1min.       |
| 3  | Wall Handstands           | 30 sec.  | 1min.        | 2 min.      |
| 4  | Half Handstand Push-Ups   | 1x5      | 2x10         | 2x20        |
| 5  | Handstand Pushups         | 1x5      | 2x10         | 2x15        |
| 6  | Close                     | 1x5      | 2x9          | 2x12        |
| 7  | Uneven                    | 1x5      | 2x8          | 2x10        |
| 8  | ½ One-Arm                 | 1x4      | 2x6          | 2x8         |
| 9  | Lever                     | 1x3      | 2x4          | 2x6         |
| 10 | One-Arm Handstand Push-Up | 1x1      | 2x2          | 1x5         |